



**For Immediate Release
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Enjoy the KPLA Spring Break "Staycation" at mid-Missouri's YouZeum

(COLUMBIA) – Mid-Missourians can enjoy the KPLA Spring Break Staycation March 21-29, 2009, at the YouZeum, the area's first and only interactive health science center. The YouZeum will be open daily during the Staycation for a fun-filled spring break packed with special programs, activities and promotions.

The YouZeum, where it's all about you, promotes health and wellness in a fun and engaging way. Its mission is to improve personal, family and community health by reaching a large, diverse audience with an engaging approach to health education.

STAYCATION PROGRAM SCHEDULE

Saturday, March 21

- *Sports Injuries*: Take an in-depth look of the injuries that may happen while you're out on the Katy Trail! Find out what first aid procedures to use in different situations. Discuss ways to prevent sports injuries. Take a look at real artificial joints and models of joints. 11 a.m., 2 p.m.

Sunday, March 22

- *Sports Injuries*: 2 p.m.

Monday, March 23

- *Peewee Olympics*: Fun physical challenges geared toward kids age 2 to 6: potato sack races, egg and spoon races, balancing games, an obstacle course and more. Every participant wins a gold medal! 10:30 a.m.
- *Sports Injuries*: 2 p.m.



- *Creative Connections*: Creative Connections bridges art, science and creativity with health. Activities may include art projects, experiments with color and vision, or planting a seed to take home.
- *Life Under the Microscope*: Take a look at the world of protists, which are organisms with only one cell. Watch them go about their daily activities, all underneath a microscope! Discuss the life processes that all living things share, and learn how humans are similar and different to these tiny creatures! 3:30 p.m.

Tuesday, March 24

- *Peewee Olympics*: 10:30 a.m.
- *All About Allergies*: See different types of allergens up-close with a microscope, and learn how your body reacts to the allergens with an antibody-antigen model. Find out about the procedures you would go through at an allergist visit. 2 p.m.
- *Science of You*: The Science of You includes a story and hands-on demo that's all about you! Topics may include fruits and vegetables, the five senses, handwashing, feelings or going to the doctor. 3 p.m.
- *Life Under the Microscope*: 3:30 p.m.

Wednesday, March 25

- *Peewee Olympics*: 10:30 a.m.
- *Sports Injuries*: 2 p.m.
- *Kids in Motion*: Kids in Motion programs focus on getting physical! Activities may include music and dance, parachute play, an obstacle course or other activities to encourage movement. 3 p.m.
- *Life Under the Microscope*: 3:30 p.m.

Thursday, March 26

- *Peewee Olympics*: 10:30 a.m.
- *Fad Drinks*: Uncover the truth about fad drinks like soda, energy drinks, diet drinks, and supplements. Compare the advertising slogans and discuss ways you could test to see if the slogans are true. Do experiments on blackworms to see if adding energy drinks to their water affects their movement. 2 p.m.
- *Science of You*: 3 p.m.

Friday, March 27



- *Peewee Olympics*: 10:30 a.m.
- *All About Allergies*: 2 p.m.
- *Creative Connections*: 3 p.m.
- *Life Under the Microscope*: 3:30 p.m.

Saturday, March 28

- *All About Allergies*: 11 a.m.
- *Heart Dissection*: Learn about a very important muscle, the heart, by getting your hands on a real pig heart. Dissect the heart, learn about the four chambers, and how the blood flows through to get oxygen to the whole body. Discuss how your heart works in similar ways, and find your target heart rate. 11 a.m., 2 p.m.

Sunday, March 29

- *Fad Drinks*: 2 p.m.

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